



Autism Practical Support

Counselling Services

Children, Young People
and Adults



Autism Practical Support

Hello!



My name is Abigail, and I'm the Mental Health and Wellbeing Lead at Autism Practical Support (APS).

I oversee both the adult and children's counselling services, and I also personally deliver counselling sessions for children as a qualified counsellor.

My role ensures that our services are compassionate, inclusive, and tailored to meet the unique needs of everyone we support. My role ensures that client's

At APS, we provide counselling services for both adults and children.

Our support covers a wide range of emotional challenges, including anxiety, depression, trauma, loss, and more. We are committed to helping individuals navigate difficult times and improve their emotional wellbeing through compassionate and tailored care.

Our counsellors at APS have experience working with neurodiverse clients and use person-centred therapy to ensure everyone's needs are met.

We offer in-person, telephone, and online counselling sessions from our site in Northwich, providing a safe and supportive environment for both adults and children

All our counsellors are either fully qualified or completing their training through supervised placements. Each is supported on-site by a qualified professional and designated safeguarding leads, and receives regular supervision from an independent, accredited supervisor to ensure high standards of care.

You don't need to be an APS member to access our adult or children's counselling services, though members benefit from discounted rates.

Adult Counselling Service

We offer one-to-one counselling for:

- Autistic and neurodivergent adults
- Parents, carers, and family members of autistic or neurodivergent individuals

Our Approach

- Person-centred and respectful
- Tailored to meet each client's unique needs

Session Details

- Initial block of 6 sessions, each lasting 50 minutes
- Additional sessions available if further support is needed
- Flexible modality: choose from in-person, telephone, or online
- Sessions are typically weekly, but bi-weekly options are available

Referral Process

1. Once a referral is received, the client (or referrer) completes an Adult Assessment Form
2. Support is available for anyone who needs help completing the form

Our Goal

To provide support in a way that works best for you
— accessible, flexible, and personalised.

Counselling for Children and Young People

We offer one-to-one counselling for children and young people aged 8 to 18, including those who are autistic or neurodivergent.

Our Approach

- Warm, child-focused, and supportive of emotional wellbeing, confidence, and personal development
- Delivered by qualified counsellors, with trainee counsellors available for ages 16 and 17

Session Structure

- Begins with a 'Getting to Know You' session (triage) – 25 minutes
 - Followed by a block of 10 sessions, each lasting 50 minutes
- Additional sessions can be arranged if further support is needed

Introductory Session Details

- Duration: 25 minutes
- Format: In-person or online via Teams
- Focus:
 - Mutual introductions
 - Establishing a dual contract between child and counsellor
 - Identifying therapeutic goals collaboratively

Session Modality

- Flexible: choose from in-person, telephone, or online
- Typically held weekly, with bi-weekly options available

Our Goal

To provide counselling in a way that works best for each child or young person — accessible, flexible, and tailored to individual needs.

Counselling Pricing

- **Standard counselling session:** 50 minutes
- **Format:** In-person or online via teams
- **Focus Areas:** The client works towards the therapeutic goals identified during the introductory session, which may include areas such as anxiety, self-esteem, emotional regulation, behavioural challenges, family transitions, and more.

Adult Counselling Costs (Per session)

Counsellor	Members	Non-Members
Qualified	£30	£35
Trainee	£20	£25

Children and Young People Counselling Costs (Per Session)

Counsellor	Members	Non-Members
Qualified	£30	£35
Trainee	£20	£25

Funding Support Available

If you're experiencing financial hardship and live in Northwich, you may be eligible for funding support to access our counselling services. We understand that cost can be a barrier to getting the help you need, so we encourage you to speak to a member of our team to discuss available options. We're here to help make our services as accessible as possible.

Get in Touch

For further details or if you have any questions, please don't hesitate to get in touch:



abigail.blackmore@cheshireautism.org.uk



0344 850 8607 (Request to speak to Abigail Blackmore
Mental health & wellbeing lead)



Autism Practical Support

info@cheshireautism.org.uk

APS, Sension House, Denton Drive, Northwich, CW8 1BE

**Thank you for making a difference in the lives of autistic
individuals by engaging with APS!**